

COLLECTIVE POWER TOUR

Building Unity, Health and Wealth



BLACK HEALTH EMPOWERMENT PROJECT

Hosted by Congressman Kendrick B. Meek &
Miami-Dade County Commissioner Audrey Edmonson

— **FREE ADMISSION** —

Congressman Kendrick B. Meek

- * Get the tools and inspiration you need for healthy living
- * Practical tips and solutions on diet, exercise and weight loss
- * Strategies for improving personal and community health



Congressional
Black Caucus
Foundation, Inc.

Joseph Caleb Center
5400 NW 22 Avenue
Miami, FL 33142

Saturday, January 28, 2006
9:30 AM - 3:00 PM

- Dynamic panel of health and fitness experts
- Instructional session on nutrition
- Cooking Demonstrations
- Healthy Menu Tasting
- Kids Activities
- Health and Fitness Fair
- Free Health Screenings
- Book Signings
- Giveaways

Featuring national and local health experts, including:

Dr. Ian Smith
Men's Health Columnist
and former NBC
News Correspondent

"Dr. Ro" Rovenia Brock, Ph.D
Nutritionist and author;
Dr. Ro's Ten Secrets to Livin' Healthy

Karen Vaughn
WHQT Hot 105 FM

Morgan Nims
Chef, Britto Restaurant

Advance registration suggested. For more information and to register,
visit www.cbcfinc.org or call (866) 447-7103